

Interdisciplinary

Programs

- Environmental Science
- Environmental Science & Management
- Biotechnology
- Biotechnology & Environmental Science
- Physics & Chemistry
- Chemistry & Physics
- Chemistry & Biology

Physical Science

Programs

- Physics
- Chemistry
- Physics & Chemistry
- Physics & Biology
- Chemistry & Biology
- Physics & Chemistry & Biology

Life Sciences

Programs

- Biology
- Biotechnology
- Environmental Science
- Environmental Science & Management
- Chemistry & Biology
- Chemistry & Physics
- Chemistry & Biology & Physics

The Struggle will be real!

Missing Motivation
 A student cannot find the motivation to study because they are overwhelmed by the amount of work they have to do.

Home Distractions
 The student's home environment is full of distractions, such as family members, pets, and noise.

New Friendships
 The student has made new friends and is spending more time with them than studying.

Learning and Growth
 The student is learning and growing, but they are not aware of it because they are so busy.

You will succeed! You will be a scientist!

Success!

Make Time for Mindfulness

Science is challenging! Make sure to keep your health and well-being.

Time Management

Self-Care

- Exercise
- Healthy Food
- Social Interaction

Food and Nutrition

Sleep

Social Interaction

Reading Week

Just because you aren't in the classroom doesn't mean that you aren't learning!

Make sure to:

- Read the textbooks
- Complete assigned assignments
- Review course work and notes

Make Time for:

- Rest and recharge
- Spending time with friends/family
- Take a mental break!

reaction progress

Tests, Exams & Quizzes

These will be hard and you will most likely fail!

1. Preparation
2. Organization
3. Time Management
4. Focus
5. Review

Expectations

- Expectations that support your learning
- Expectations that challenge you
- Expectations that require you to think critically
- Expectations that require you to work in a team
- Expectations that require you to communicate effectively
- Expectations that require you to be resilient
- Expectations that require you to be curious
- Expectations that require you to be open-minded
- Expectations that require you to be respectful
- Expectations that require you to be honest
- Expectations that require you to be ethical
- Expectations that require you to be responsible
- Expectations that require you to be a good citizen
- Expectations that require you to be a good student
- Expectations that require you to be a good person

Science Society of Waterloo - A student society that provides a supportive environment for students in the Faculty of Science at the University of Waterloo.

Physics Club - A student society that provides a supportive environment for students in the Faculty of Science at the University of Waterloo.

Chemistry Club - A student society that provides a supportive environment for students in the Faculty of Science at the University of Waterloo.

Biology Club - A student society that provides a supportive environment for students in the Faculty of Science at the University of Waterloo.

Environmental Science Club - A student society that provides a supportive environment for students in the Faculty of Science at the University of Waterloo.

Interdisciplinary Club - A student society that provides a supportive environment for students in the Faculty of Science at the University of Waterloo.

Physics & Chemistry Club - A student society that provides a supportive environment for students in the Faculty of Science at the University of Waterloo.

Chemistry & Biology Club - A student society that provides a supportive environment for students in the Faculty of Science at the University of Waterloo.

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Environmental Science & Management Club